



**mizell**  
CENTER  
FULL OF LIFE

# Newsletter

## July, 2023

11777 West Drive, Desert Hot Springs, CA 92240

(760) 329-0222



**SENIOR CENTER**

of Desert Hot Springs

Open Monday-Friday

8:00 am to 4 pm

**Francisco Castro**

*Director*

**Jessica Martinez**

*Assistant Director*

**Marta Godoy**

*Receptionist*



### July's Sky

*"Under July's sky, the world blooms in hues, Summer's embrace, painting dreams anew."*

*– Unknown*

### Be a volunteer!

Volunteering at the senior center offers numerous benefits for both the volunteers and the seniors themselves.

- \* Companionship and Social Connection.
- \* Enhanced Quality of Life
- \* Mental and Cognitive Stimulation

Your volunteer efforts have the power to transform the lives of seniors,

For more info, please call 760 329 0222.

### Happy 4th of July!

The Fourth of July symbolizes the resilience, courage, and dedication exhibited by their predecessors in the fight for independence. It is a day to honor their contributions, wisdom, and the wealth of experience they bring to our nation.

For our country, the Fourth of July represents unity, patriotism, and the shared values that define us as Americans. It is a day to reflect on our history, recognize our progress, and reaffirm our commitment to upholding the ideals that make America great.

As fireworks illuminate the night sky and parades fill the streets, the Fourth of July unites people of all ages, in a collective celebration of liberty and the pursuit of happiness. It reminds us of the enduring spirit that has shaped our country, honoring the sacrifices of those who came before us and inspiring future generations to cherish and protect our freedoms.

Wishing you a wonderful Fourth of July holiday filled with joy and festivities, and a friendly reminder that we will be closed on Tuesday, the 4th of July, and will return July 5th. Enjoy the holiday, and we look forward to seeing you when we reopen!

### From the Director's Desk

As we enter the month of July, I wanted to update you on the happenings at the center and share some important information.

Firstly, the Desert Hot Springs Senior Center will be closed on Tuesday, July 4th for Independence Day. Please mark this on your calendars, and we look forward to welcoming you back on Wednesday, July 5th.

I am thrilled to announce an upcoming event. On July 6th, from 11:00 AM to 12:00 PM, we will host a presentation by the Riverside County Office of Aging. This presentation will focus on the importance of nutrition and how it contributes to overall well-being as we age. Please join us for this informative session and learn about how to maintain a healthy and balanced diet.

I wish you a wonderful month of July filled with joy, good health, and memorable experiences.

Thank you for your ongoing support and participation.

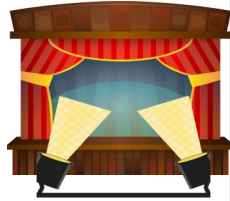
Warm regards,

*– Francisco Castro*

**PUT THIS  
on YOUR  
CALENDAR!**

## Movie Day!

Join us for a movie and  
snacks!



This month's movies are:

**"Beverly Hills Chihuahua" July  
13th, 11 am**

*Spoiled Chloe the chihuahua lives in posh luxury in Beverly Hills - but when she's dognapped in Mexico, the plucky little dog learns to find her bark with her new canine friends! With Jamie Lee Curtis, George Lopez.*

**"Beverly Hills Chihuahua 2" July  
27th at 11 am**

*Papi and Chloe prove family always sticks together.*

## Join us for Let's Do Lunch! Hosted by JFS.

Every 2nd and 4th Tuesday of the month, 12:00 PM to 2:00 PM, we invite you to participate in the Let's Do Lunch! program hosted by Jewish Family Service (JFS) at the Desert Hot Springs Senior Center.

A fantastic opportunity to socialize, learn, and enjoy a delicious meal in a welcoming environment.

You can look forward to various activities, presentations, and guest speakers catering to your interests and well-being. Whether it's an informative talk, an interactive workshop, or a fun-filled game, there's something for everyone.

Take advantage of Let's Do Lunch! Mark your calendars for every 2nd and 4th Tuesday of the month from 12:00 PM to 2:00 PM. We look forward to seeing you there!

## July Fun Facts

The birthstone for July is the ruby, known for its deep red color symbolizing passion and vitality.

July is predominantly associated with two zodiac signs, Cancer (June 21 - July 22) and Leo (July 23 - August 22).

July 4th is celebrated as Independence Day in the United States, marking the country's declaration of independence from British rule in 1776.

July is designated as National Ice Cream Month in the United States, a perfect time to indulge in this delicious frozen treat.

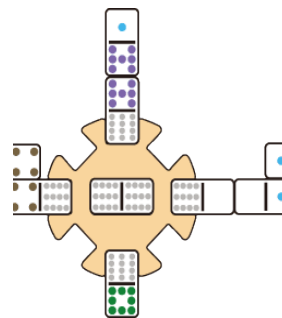
In many parts of the Northern Hemisphere, July is characterized by the peak of summer, bringing warm temperatures and sunny days.

## Questions Answered

**Q:** How do you play Mexican Train?

**A:** The objective of Mexican Train Dominoes is to play all your tiles. The lowest score wins at the end of all rounds.

Your score is the total number of pips (dots) on each tile left at the end of each round. Your row of dominoes is your "personal train".



**Every Wednesday from  
10am-12pm**

## Joke of the Month



Why did the scarecrow become a lifeguard?

*"Because he was outstanding in his field, especially when it came to making waves during summer."*